CHIEMGAU
CHIEMSEE

Eiszeit Runde

CYCLING TOUR

On the varied round tour past Ice Age and ice cream enjoyment

Starting point
At the swimming pool

Location
Siegsdorf

distance:
30.5 kilometres

duration:
02:45 hours

maximum altitude:
827 meters

minimum altitude:
599 meters

altitude difference:
284 ascending

altitude difference:
353 descending

Siegsdorf - Hammer - Inzell - Ruhpolding - Eisenärzt - Siegsdorf

The name says it all on this round. The Ice Age sends its regards again and again. It goes past **moorland** , a **mammoth** is a constant bike companion, there is **ice** to lick, ice rinks for skaters and cooling off in the form of liquid ice. The approximately 30-kilometer tour takes you on varied paths through the southern Chiemgau and offers great mountain views. You can start them in **Siegsdorf, Inzell or Ruhpolding** .

Starting point: Siegsdorf at the swimming pool . The cycle path runs almost flat, via **Unterheutau and Hammer to Inzell** . The stream that now runs to the left and right of the cycle path is called Rote Traun. It rises in the local area of Inzell. A stop is recommended at the **Inzell Moorland and Adventure Path** . The 5 km long hiking trail takes young and old nature lovers on a journey into the past. It goes back 12,000 years to a time when the mighty masses of glaciers of the last Ice Age were just melting and giant mammoths roamed the valleys. On your journey through time, you can not only read a lot of information from the information boards, but also get to grips with the Ice Age yourself at many active stations.

The **Max Aicher Arena** ice rink is visible from afar with its striking architecture. To the left rise the **Great Kienberg and the Rauschberg** .

If you want to drive a few extra kilometres, you can cycle past the Inzell ice rink on the Alpine road in the direction of Bad Reichenhall to the **Gletschergarten** . A glacier has left visible traces on the rocks: in the form of glacial striations, giant potholes and erratic blocks, so-called boulders, it is located directly opposite the twelve meter high imposing **Weißbach waterfalls** .

Unnoticed you pass the highest point of the tour at 806 meters. The long descent is the reward for the effort. Even in prehistoric times, this and similar paths were used for long hikes. It goes along the Windbach, on to the **Ruhpolding golf course** and along the Weißen Traun, north towards Siegsdorf. Sometimes the turquoise blue water of the river is in sight, sometimes it disappears behind dense trees or below small slopes. On quiet side roads you come to Vordermiesenbach and through the "Extensive meadows around Ruhpolding bird sanctuary". During the hay harvest, a beguiling scent of meadow herbs and blades of grass hangs in the summer air. The view stretches back over the entire **Ruhpolding valley** . After Hörgering, a district of Eisenärzt, you cross the main road and a bridge to the western bank of the Weißen Traun. Through a beautiful **Au landscape** it goes to Siegsdorf. Here you get very close to the mammoth and the ice age. The largest mammoth skeleton in Europe was found in Chiemgau. It is exhibited in the **mammoth and natural history museum** in the middle of town. You can't overlook it from the bike and drive right past it. If you're lucky, museum director Dr. Darga on the Ice Age in the region.

At the end of the tour, around 320 meters in altitude have been covered over around 30 kilometers and the entire mountain range of the Sulzberg with the Zinnkopf (1228) has been circumnavigated. Ice cream!

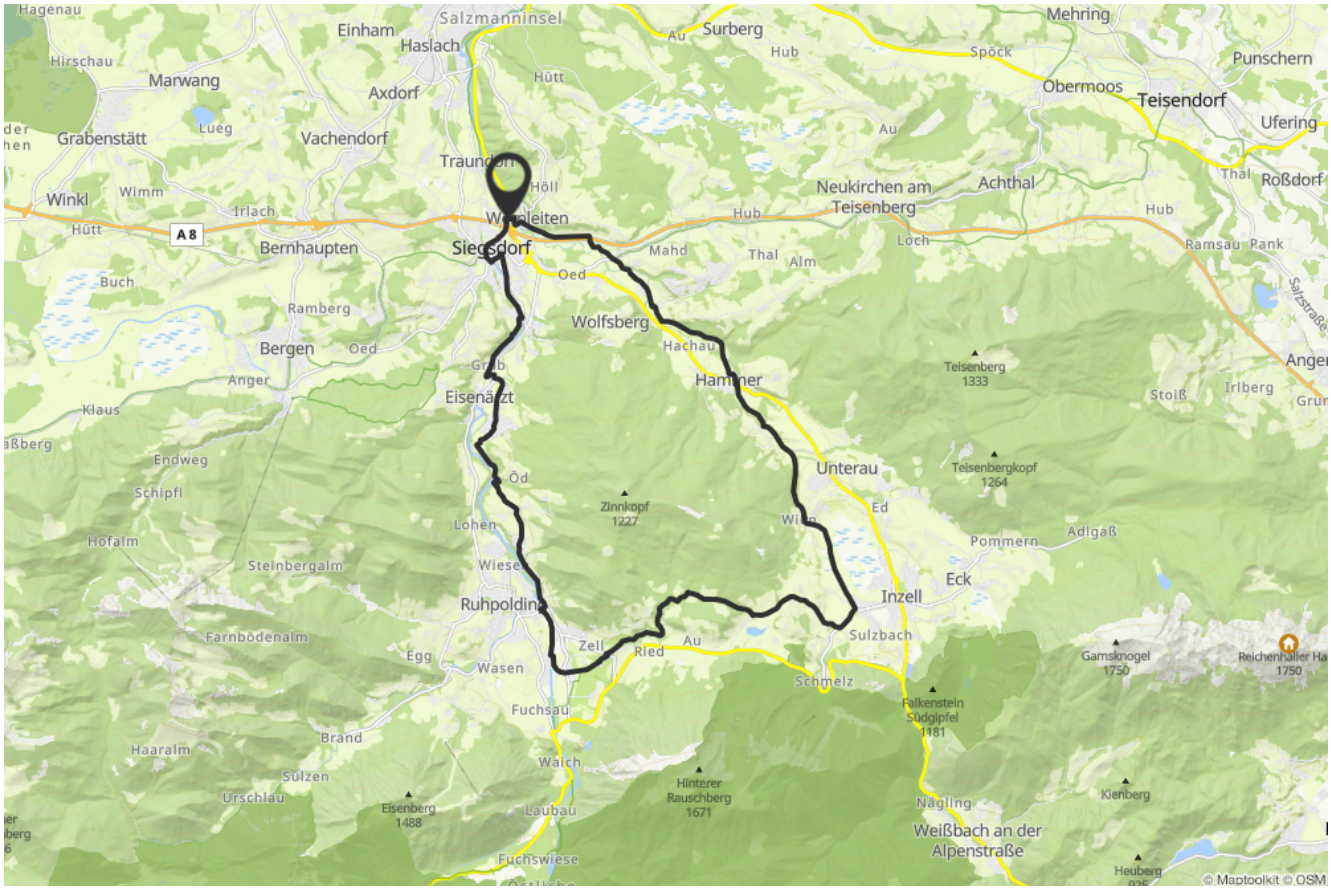
Info:www.ruhpolding.de | www.inzell.de | www.tourismus-siegsdorf.de

Refreshment tips:

- Kesselalm, Froschseer Strasse 37, Inzell
- Brandler Alm, Brandler 1, Ruhpolding

There are **a few ice cream parlors** on the Eiszeit tour that invite you to stop in and refresh yourself:

- Made in Italy ice cream shop, Hauptstraße 28, Ruhpolding
- Eiscafe Gelato & Caffè, Hauptstraße 52, Ruhpolding
- Ice cream parlor Il Buon Gelato, Traunsteiner Straße 2, Inzell
- ...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Hachau
Teisenberg 1333
Anger
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Stoiß
Irlberg
Klaus
Endweg
Unterau
Teisenbergkopf 1264
Schipf
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Ed
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